Offered by the Wichita
Rowing Association
and the Wichita Park
and Recreation
Department.



# LEARN TO ROW

## 1841

For further Learn to Row class questions and directions to the facilities, contact Steve Owens at 204-3934, <a href="mailto:sdewens@cox.net">sdowens@cox.net</a> or visit wichitarowing.org

#### **REQUIREMENTS:**

- No experience needed.
   For High School age to
- \* No equipment to buy.
- \* All students must be able to pass a swim test.

#### **REGISTRATION:**

\* Mail completed

registration form along with your check to the Park & Recreation Administrative Office.

OR

\* Call 268-4361 and register over the phone.
Payment with Visa or Mastercard required.

OR

\* Drop off your completed registration along with your cash, check or credit card payment to the address below.

Register 1 week prior to first class.

Wichita Park & Recreation 455 N. Main – 11<sup>th</sup> Floor Wichita, KS 67202 316-268-4361 wichita.gov



### **INTRODUCTION CLASS**

Have you always been interested in learning to row, but just aren't sure if it's right for you? Join us for this 3-hour Learn to Row introductory class.

Experienced members of the Wichita Rowing Association will introduce you to the different types of boats and language of rowing and you'll practice the correct rowing style. River conditions permitting, you get an opportunity to row on the Arkansas River with experienced rowers.

**Time:** 9am – noon

Location: Begins at Park Villa Shelter Building (1029 Bitting) and ends at Riverside

Tennis Center handball courts (551 Nims Street)

**Cost** \$19

Dates: April 16 ◆ June 25 ◆ August 27

Maximum: 10 students

#### **SCULLING**

Learn to row a sculling boat (pictured above) in five classes. The class will start with an introduction to rowing and a hands-on view of our shells. You'll learn rowing terminology along with the various parts of the boats. Proper form and techniques are demonstrated and practiced. Of course, there will be plenty of time to row these boats (specifically designed for beginners) on the Arkansas River.

Time: Monday/Wednesday/Friday 6-8 pm & Saturdays 9am-noon

**Location:** Ralph Wulz Riverside Tennis Center – west side handball courts

**Cost** \$79 per session (12 hours of instruction)

**Dates**: April 29, 30 & May 2, 4, 7

June 3, 4, 6, 8, 11 July 8, 9, 11, 13, 16 August 5, 6, 8, 10, 13

September 9, 10, 12, 14, 17

**Maximum:** 6 students

Wear casual sports shorts/tops and dress in layers as you may break out in a sweat!